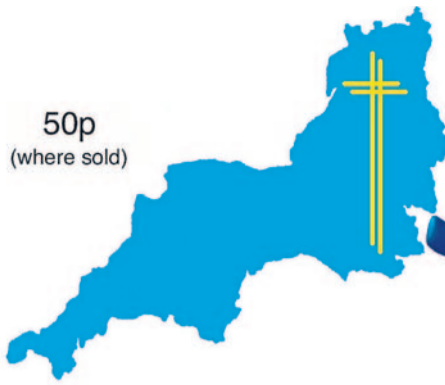


50p
(where sold)



Catholic **South West**

*Serving the
Church in the
South West*

MARCH
2024

Inside



A story of forgiveness
Page 3



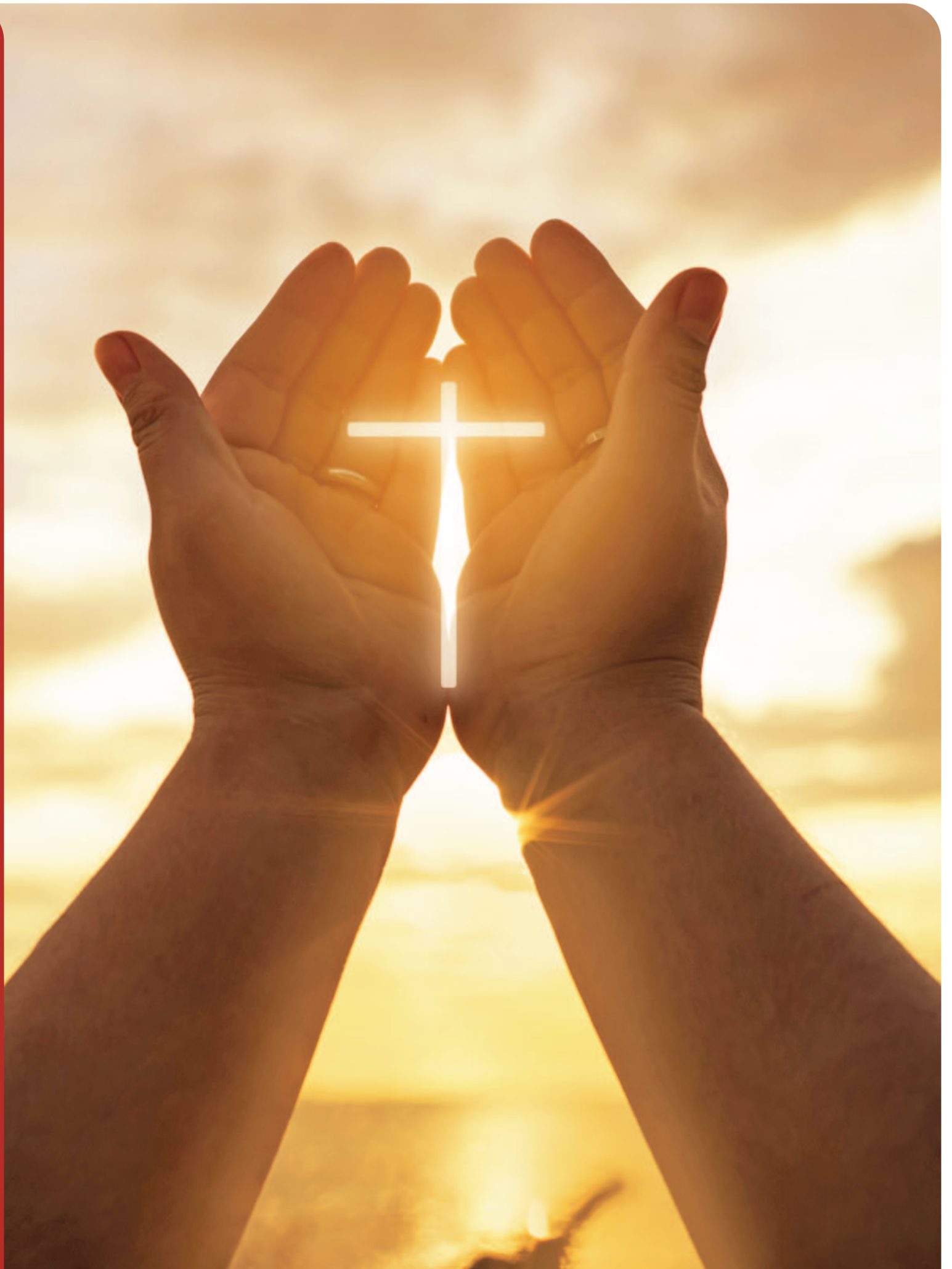
*Lent Practices of the
Laudato Si' Animators*
Page 4



To be a Pilgrim ...
Page 7



*Plymouth CAST
are recruiting*
Page 11



DO NOT LEAVE THIS IN THE CHURCH
once you have picked up this paper please take it with you



CONTACTS & DETAILS

Catholic South West is a monthly newspaper for Catholics in the Plymouth, Clifton and Portsmouth Dioceses. It is published by Bellcourt Ltd

AIMS

To build community in the South West by sharing stories relating to Catholic life around the South West.

To encourage readers to get more involved in - or start - projects and initiatives in the local area.

To provide thought-provoking articles to help readers deepen their Faith.

GET INVOLVED

We need your help!

Articles: We need your local articles - we can only include what we get. So if you have an article or just a photo with a short description - please send it in.

Ideas: We need your ideas for the paper and we need your ideas in the paper. If you have any thoughts on what we should include - or if you are thinking about starting a new initiative - get in touch - we'd love to support it!

Readers: If you can encourage other readers in your parish please do so.

Advertising: We rely on advertising - if you know of anyone that would benefit from promoting their business, event or anything else to parishioners throughout the South West, do let us know.

SUBMITTING EDITORIAL

To send in editorial or to get in touch please contact us at:

CSW - Bellcourt Ltd
N2 Blois Meadow Business Centre
Steeple Bumpstead
Haverhill, Suffolk
CB9 7BN

csw@cathcom.org
01440 730399

ADVERTISING

To advertise in Catholic South West please contact us on 01440 730399
ads@cathcom.org

DATES

Catholic South West goes to parishes on the last full weekend of the month. It is printed around the middle of the month - so if you would like to advertise or send in editorial please do it as early as possible.

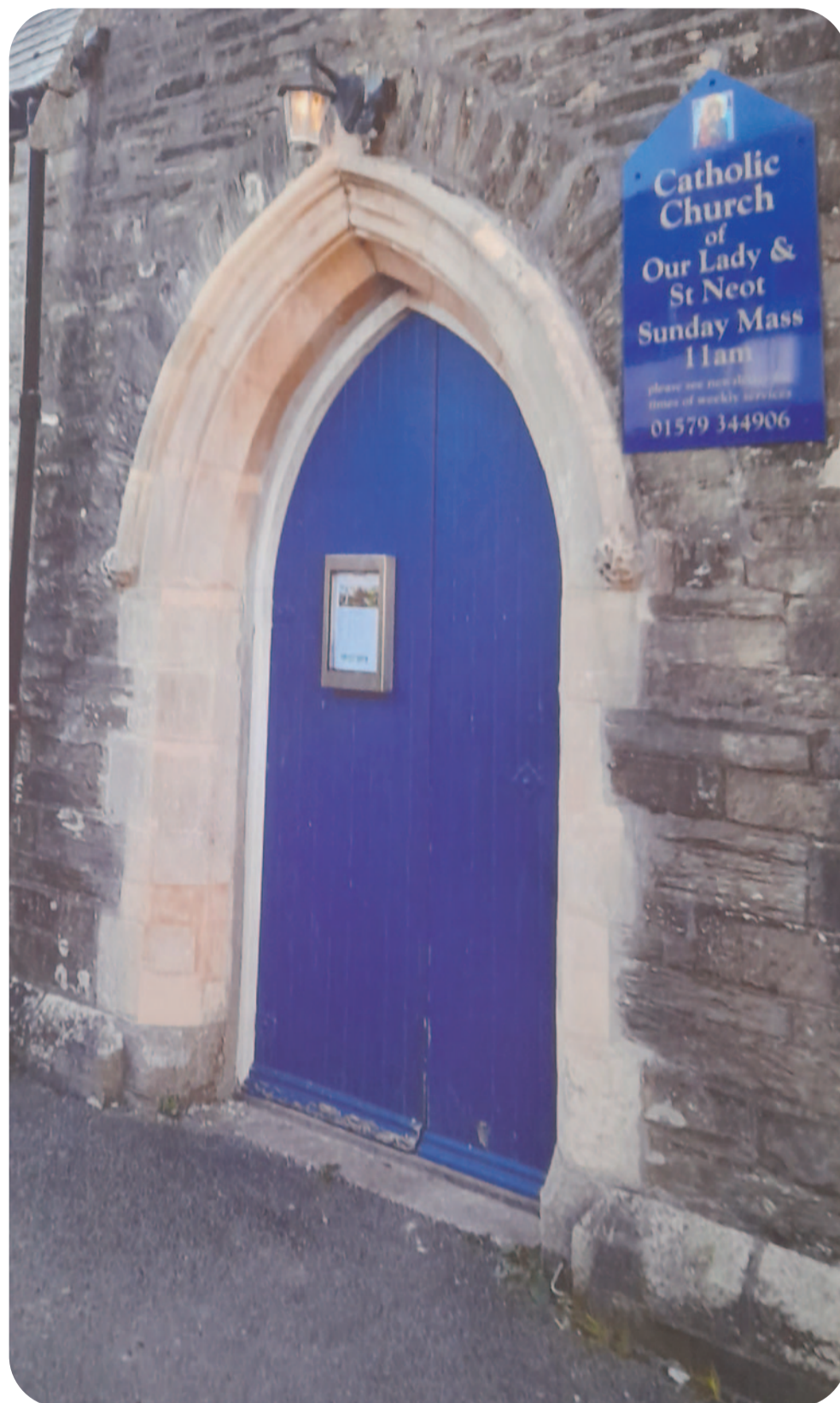
Our Lady & St Neot – What does 2024 hold for us in Liskeard

A New Year is a new opportunity to grow and mature in faith. None of us can know what the future holds; none of us knows what this new year will bring. What we can know for sure is that life is an adventure, an invitation to walk with God and discover anew his great plan for our lives.

Ending our year at Liskeard several of our parish made a trip on Sunday 17th December to Our Lady of the Angels at Saltash for an afternoon Christmas Concert by the Burraton Boys with refreshments afterwards. A lot of Christmas Songs and Carols were sung with the audience participating in the chorus. However, the highlight had to be 'While shepherds watch their flocks by night' sung to the tune of the famous Animals' hit 'House of the Rising Sun' amazingly they both go together so very well!

On Saturday Christmas Eve at Liskeard, we held our Candlelight Carol Service Led by our Dean Peter and Deacon Andrew from Truro many favourite carols were sung. A big thank you must go to our talented young organist Owen who played for us at the Carol Service and throughout the year each Sunday – we are all so very proud of him. We will be opening the St Neots room again in 2024 for our Warm Space on the 1st and 3rd Saturday of each month. Starting on Saturday 6th January 2024, we hope to provide a 2-course hot lunch, plus tea/coffee and cake. Again, all donations will go to St Petroc. This will then lead into our Lenten Lunches on Friday 23rd February.

Our Monthly Bethany Group will commence on Wednesday 17th January 2024 at 14:30 in the St Neot room, with a talk about the work of the Foodbank.



EDITORIAL GUIDELINES

1) Think of the readers: If you are writing about an event, think about the readers that don't know anything about it. Outline what happened, but focus on why people go, why it is important to them, or some teaching that was given. Make sure readers learn something from your

article - they don't just want to know who was there and what snacks were available!

2) Keep it brief: Make sure you make your point - but keep it brief and punchy.

3) Pictures: Send pictures as they are - even if they are very big to email. Don't reduce them in size or put them inside a Word document. They look fine on the screen but terrible in the paper!

LEGAL INFORMATION

Please note that opinions expressed in this paper and on any linked sites or publications are not necessarily those of the Publishers, Editor, any Diocese or the wider Roman Catholic Church. Every reasonable effort is

made to ensure that due acknowledgement, when appropriate, is made to the originator of any image submitted for publication. It is understood that those submitting material for publication in CSW either hold the copyright or have arranged for publication with the appropriate authority.

A Bedtime Story: Catholic Children's Society Plymouth provide comfort and sanctuary for the poorest in our diocese

Is your bed your sanctuary? We live in a time where many families are struggling to sleep safely and restfully. The Catholic Children's Society, Plymouth faces a recurrent theme, of families seeking help for beds. We frequently hear of children who are sleeping on the floor or co-sleeping with siblings or parents/carers. A lack of restful sleep impacts on families in so many ways. The children are tired and less likely to be able to concentrate and achieve at school. Some of these children are also young carers. This can take many of us by surprise, but it is a stark reality of life for some, in our diocese.

So many of the families, of faith or no faith, who apply to our Essential Grants programme, face multiple life challenges. This may be disability, the impact of domestic abuse, long term illness, children moving back to parents/carers after a period in care, a dramatic drop in

income through the loss of employment or the death of a parent/carer and of course the unprecedented squeeze on living standards.

An average month at the Catholic Children's Society, sees up to six requests for beds, a staple of life, you might think. Alongside this, applications come flooding in at the same time for, cookers, fridge/freezers, school uniform, washing machines and more. For the most part, the key driver for requests to the Catholic Children's Society is poverty. Statistics and research tell us with most recent figures that 31% of children in Cornwall live in poverty (Joseph Rowntree Foundation 2024), in Devon one in three children in the poorest parts of Devon are living in poverty (Joseph Rowntree Foundation 2024) and in Dorset 25% of households are classed as being in poverty. (Joseph Rowntree Foundation 2024).



We, the Trustees at CCSP, feel challenged but extremely privileged to help families in a small way, but this is only possible

through the generosity of our donors. Please keep our work in your prayers.

Andrea Rodgers, Acting Chair, CCSP

MIZEN **FOUNDATION**

A story of forgiveness

In May 2008, Jimmy Mizen, a 16 year old boy from South London, walked into a local bakery with his older brother. After a few minutes somebody else entered the bakery. Jake was known to the brothers as he had been cautioned by the police years earlier for harassing the older brother and on this occasion brushed past the brothers which resulted in a scuffle. During the scuffle, Jake hurled a glass dish at Jimmy and the result was fatal.

Immediately following the incident in the bakery, Jimmy's parents, Margaret and Barry spoke to the media with a message of peace and compassion and not revenge. Jake is now serving a life sentence for the murder of Jimmy Mizen and Margaret and Barry have travelled the country sharing their message of forgiveness and compassion.

Margaret says, "For me forgiveness is about not wanting revenge and not being angry" This message of love has been shared with thousands of young people and adults over the last 15 years. They began the 'Mizen foundation' to help young people across the UK become those changemakers for peace we know they can be and, in the process, go on to help to make our streets and our communities so much safer for everyone.

'I meet a lot of families who have lost loved ones to murder, who are driven with anger. But it's so destructive to the family. People blame each other and argue - but anger is so damaging. The pain it causes on top of the pain of losing a child can destroy families.'

Promoting the Good in Young People



The day Jimmy died I promised him two things; one, I would keep his name alive and two, I would dedicate my life to working for peace.'

Margaret Mizen MBE

People can book a talk by visiting the website mizenfoundation.org/contact or email directly talks@mizenfoundation.org

Lent Practices of the Laudato Si' Animators

Lent begins on 14th February this year, until 28th March.

My daughter, a very orthodox Catholic, and I have a difference of opinion about what are the best kinds of penances in Lent. She agrees with the traditional idea of temporarily giving up something one enjoys. I feel that this is a wasted opportunity. My daughter argues, as does the Church, that it strengthens one's will power as well as makes an offering to God. My choice is to give up something that one should not be consuming, getting into the habit of doing without it during Lent, then continuing without it after Lent. Or start doing something that you should be doing, and keep on after Lent.

This regular discussion with my daughter came about again this year, and caused me to wonder what were the thoughts of my fellow Animators concerning Lent. Did they have views about what people could or should be doing? If penance, what sort of penance? If resolutions, what sort of resolutions? Is it time to bring something new to Lent, or are the traditional actions the best?

The Animators are people, mainly Catholics, who have been trained by the Vatican-backed Laudato Si' Movement to inform and inspire others to engage in dialogue and action on the current environmental crises.

I think my favourite option for living Lent, given the massive over-consumption that the world is drowning under, is to buy nothing at all that isn't essential. And if we carried that on after Lent, what a success!

Having garnered views from the Animators, I find that Anita shares my antipathy for over-consumption, and

recommends that we don't buy more than we need. She has joined her parish's project of a community garden where they grow food for themselves!

Clare, while appreciating the positive sacrifice of buying nothing, prefers "to do something extra, something which has often become a part of my everyday life". One example she gives is 'Meditation Monday', the aim of which is to manage stress, improve mood and find peace in one's daily life.

Another extra she does is a 'Lenten Pilgrimage, where local people are invited to attend a different denominational church each Sunday afternoon'.

John likes to do a variety of positive things, so he joins ecumenical Lent groups and reads daily spiritual writings. To add to the variety, he also gives up alcohol. But he feels that the best thing would be to do practical action and outreach, such as helping refugees.

Geraldine is not so keen on "sudden, major change". She feels that slow, gradual change suits some people better, despite her having successfully given up things permanently after giving them up during Lent - sugar for example. She would encourage both sacrificial penance and doing something extra.

Susan believes that Lent is a good time "to examine our lifestyles and change our hearts so that love for God's creation is expanded". Especially, she says, to consider how ethical the products we buy are.

The Animators are agreed on restraint in buying being a good commitment for Lent, and Kevin adds that he tries not to buy anything new at all, reminding us that plenty of items, especially clothes, are

available 'pre-loved'. Along with other Animators, he also likes to give something up - Guinness in his case - and to add spiritual activity, like going to Mass as much as possible.

Menchu is all for not buying anything unnecessary in Lent, and also for continuing the habit permanently. The Ignatian Solidarity Network has a Lenten No-Buy Challenge initiative which she joins in with. She previously committed to not eating processed food, and changed to a vegetarian diet, which she continued after Lent.

She was very busy last Lent organising a Laudato Si' Lent Awareness Campaign and a Laudato Si' Lent Day in her parish, as well as presenting Laudato Si' Stations of the Cross online. She joined in with several other Lenten activities as well! She encourages us to make our own poster display for Lent - see photos.

Stephen agrees with the idea of Lent being about doing more. "Giving up our precious time for others can be penitential, but so often brings unexpected spiritual benefits". He sees giving up treats as "an opportunity to give more resources to others", which is making something negative into something positive.

Like Susan, he thinks it's important to find out how ethical the brands we buy are; he subscribes to Ethical Consumer magazine, and advises googling the name of a product or company followed by ownership.

I would recommend also, before buying a product, to google it adding the words 'ecologically friendly' to find the greenest version.

David agrees with Stephen about positive thinking - "thinking in a positive way and creating awareness is the way to go". He also likes to add a spiritual exercise - in his case, the Stations of the Cross. Another spiritual exercise that he recommends is a nature walk, as a "helpful reflection on creation".

While Sean agrees with the tradition of almsgiving during Lent, and donates to various campaign and charity groups, he thinks Lent is also an opportunity to spend more time in prayer and discernment, for instance studying the Mass Readings.

He prefers to think of resolutions as 'objectives', and to be realistic about them by using the SMART technique - Specific, Measurable, Accurate, Realistic, Time Related.

He sounds a smart man! Not like me. I would rashly make a commitment, then find to my astonishment that it is doable, the hardest part having turned out to be the decision to make the commitment.

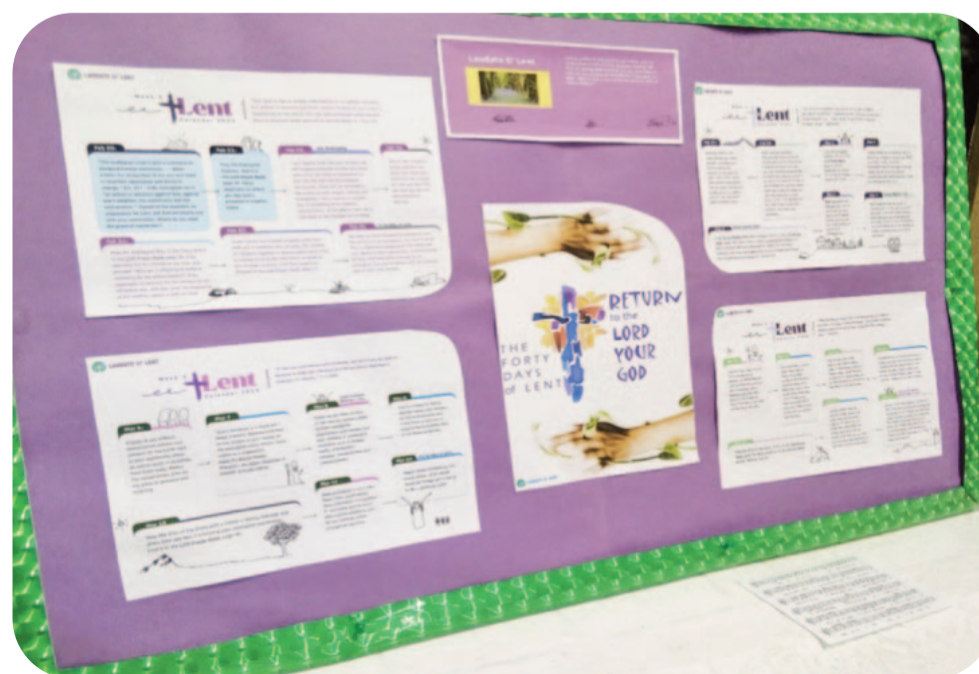
One surprise from this survey is that no-one seems keen on fasting. Not only is fasting traditional in Lent, it can have positive health benefits. Still, it's not for me!

It seems to me that we Animators agree with each other in most ways - buying little, having a positive attitude when giving up things, continuing after Lent if we can, adding a spiritual activity. So, a mixture of the old and the new perhaps. It's typical of the Animators that the new embraces concern for the natural environment.

**V. Bell for the Laudato Si' Animators UK
Lent 2024
Photos credit Menchu**



Menchu's Laudato Si' posters in her church



Menchu's home made Notice Board in her church

Scripture Focus

By Fr Jeremy Corley



The Greatest Sacrifice

At the Easter Vigil on Holy Saturday night, one of the readings tells the story of the near-sacrifice of Isaac (Genesis 22). This is a strange story. On the one hand, it is inspiring because of Abraham's extreme obedience and the eventual triumph of life over death. On the other hand, it is horrifying because Abraham was ready to sacrifice his own son.

The story raises many questions. Why did Abraham not complain to God when he heard the divine call to sacrifice his son? Why did Isaac not object or run away? What was the reaction of Isaac's mother Sarah, who is not mentioned in the story?

Perhaps the biggest question is this: why would God ask Abraham to sacrifice his son? Even if the story did not actually end with Isaac's death, it depends on Abraham's willingness to kill his son at the divine command.

This divine call to Abraham did not make sense, even in the biblical narrative. Isaac was Abraham's heir, granted by God to Sarah in her old age to fulfil the promise. Indeed, God had previously promised to make his descendants numerous, but if Isaac died, the chosen line would not continue.

Even more seriously, God is a God of life, who created humanity to flourish rather than to be killed. And God is a God of mercy, who does not wish to see his people perish. Why then did Abraham receive this terrible command from God?

The story begins by telling us that God was testing Abraham. Jewish tradition speaks of the ten trials of Abraham, and this last trial was the most severe test. Presumably God wished to test whether Abraham was obedient just to gain rewards, or whether Abraham would obey God at the greatest personal cost.

In the end, Abraham became our father in faith because he was willing to give up everything, even his dear son, in answer to God's call. And at Easter we recall how God, our heavenly Father, was willing to give up everything, even his own dear Son, in response to the human need for redemption.

Hence we read this profound and moving story at the Easter Vigil as a foreshadowing of Christ's self-sacrifice. As St Paul says, God did not spare his only Son but gave him up to save us all (Romans 8:32).

Thus, we see Isaac as a foreshadowing of Jesus. Isaac, tied to the wood on Mount Moriah, was ready to die but in the end was spared by God. Jesus, nailed to the cross, did something more. Not only was he willing to die but he did actually die, yet he was raised to life on the third day.

From a Christian perspective, this story helps us reflect on Christ's sacrifice, as noted by one of the church fathers (Origen).

In his crucifixion, Christ is foreshadowed by the ram that dies as a sacrifice. Yet in his resurrection, Christ is foreshadowed by Isaac who survives to become the originator of many descendants.

When he heard God's call, Abraham's response was simple obedience: "Here I am." When Christ came to save us, he echoed the words of the psalm: "God, here I am! I am coming to obey your will" (Hebrews 10:7).

As we reflect on Jesus' saving death, we are filled with wonder and gratitude at the depths of divine love. We are amazed by how much the Lord was willing to pay to save us. And we are astonished at the marvellous gift of new life offered to us all in Christ's resurrection.

Abraham and Jesus were both obedient to the end. We can also pray for the grace to say: "God, here I am! I am coming to obey your will."

Episcopal Ordination Statement

The Episcopal Ordination of Canon Christopher Whitehead will not take place on 22 February 2024 as expected. Canon Paul Cummins continues as the Diocesan Administrator. A canonical process is currently underway, and no further comments will be made until this has been concluded. Canon Christopher Whitehead has stepped back from active ministry whilst this process is ongoing.

PLEASE SUPPORT OUR
ADVERTISERS

To Advertise
in the Funeral
Section
contact
Nick on
01440
730399
nick@
cathcom.org

Funeral Services

RICHARD W. GEGG & SONS
Roman Catholic Funeral Directors

- 24 hour service
- Private chapels of rest

47 Rolle Street
EXMOUTH

Tel 01395 224040 or 222444

also serving Budleigh Salterton
and surrounding areas.

GOLDEN CHARTER PLANS
available as part of our service

Golden Charter
Funeral Plans

Cotton & Son
FUNERAL DIRECTORS

Jane Cotton Dip FD
Margaret Sherratt Dip FD
Nathan Westwood Dip FD

Independent Family Business Since 1912
Private Chapel of Rest
Tel: (01305) 76 76 76
office@cottonfunerals.co.uk

Golden Charter
Funeral Plans

Milton House • 1 Milton Road
Weymouth • DT4 6AZ
www.cottonfunerals.co.uk

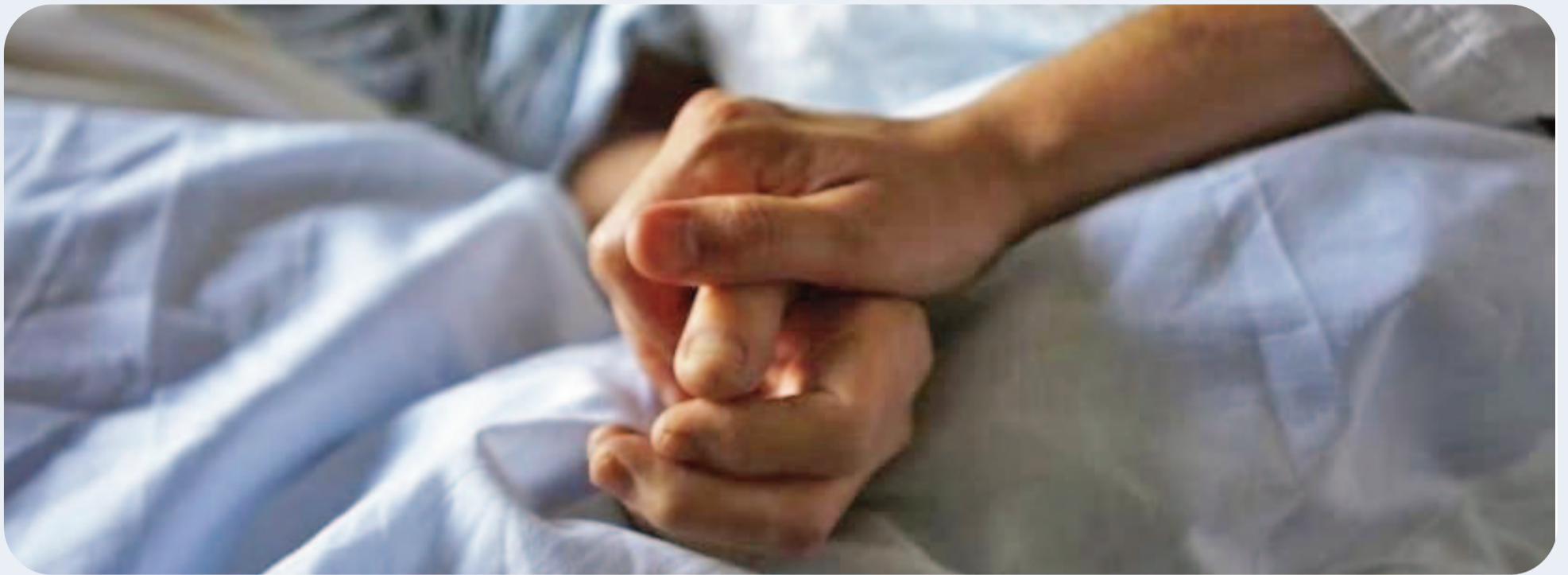
K.J. Lack
INDEPENDENT FAMILY FUNERAL SERVICE

A funeral service tailored for each family,
with a personal and compassionate service
to assist you at your time of need

01803 313200

- Covering Torbay and surrounding areas
- Dedicated Chapel of Rest
- 24-Hour Availability
- Offering Direct Cremations with care and compassion

Golden Charter Funeral Plans available
153 St Marychurch Road, Torquay, TQ1 3HW
www.kjlackfuneralservice.co.uk



For the terminally ill

The Pope Video for February is for the terminally ill and those caring for them. You can watch the Pope Video to hear Pope Francis speaking the following words for yourself by visiting thepopevideo.org

When some people talk about terminal illnesses, there are two words they often confuse: incurable and un-curable. But they are not the same.

Even when little chance for a cure exists, every sick person has the right

to medical, psychological, spiritual and human assistance.

Sometimes they can't talk; sometimes we think they don't recognize us. But if we take them by the hand, we know they are relating with us.

Healing is not always possible, but we can always care for the sick person, caress them.

Saint John Paul II used to say, "cure if it is possible; always take care."

And this is where palliative care comes in. It guarantees the patient not only medical attention, but also human assistance and closeness. Families should not be left alone in these difficult moments.

Their role is decisive. They need access to adequate means so as to provide appropriate physical, spiritual and social support.

Let us pray that the terminally ill and their families always receive the necessary medical and human care and assistance.

"I would also like to invite you to join in the Pope's Worldwide Prayer Network, which spreads, also through social networks, the prayer intentions I propose for the Church each month. In this way, the Apostleship of Prayer moves forward and communion grows."

Pope Francis

Be part of the Pope's Worldwide Prayer Network.



Contribute with your grain of sand to build, along Pope Francis, a world where the human values that Jesus embodied in the Gospel prevail.

Your participation is key for making the world aware of the challenges humanity faces.

FOR THE TERMINALLY ILL

"Let us pray that the terminally ill and their families always receive the necessary medical and human care and assistance."
- Pope Francis -

Challenge for humanity and the Church's mission – February 2024

WHO IS A TERMINALLY ILL PERSON?

A terminally ill person is someone who has an advanced, progressive and incurable illness.

The proximity of death creates a tremendous emotional impact for the sick person, their relatives and the therapeutic team assisting them.

In this type of situation, there are some countries in which the terminally ill person can choose euthanasia or assisted suicide.

Palliative care is an alternative to maintain a **better quality of life for terminally ill patients and their families.**

Each year, **40 million** people throughout the world need palliative care, but only **14%** receive it.

"Cure if it is possible; always take care."

Pope Francis

How is it possible to care for a terminally ill person?

The **Catholic Church** considers palliative care to be every person's right:

Medical Care

Medicine is not only a science. It is also a "therapeutic art". This implies, above all, a close relationship with the patient in the critical and terminal phases of life.

Therapeutic excessiveness and the reduction of the physician-patient relationship to that of a mere contract should be avoided.

Psychological Care

The vulnerability of the terminally ill patient is natural. Space is necessary for the recognition of the patient's fragility and vulnerability.

To regenerate a sense of the patient's existence when they experience suffering, illness and the fear of the unknown.

Spiritual Care

To recognize the innate dignity of each person as a child of God.

To assist the sick person, like a brother or sister, supporting their relationship with God.

In the final moments of life, spiritual accompaniment instills hope in God's love.

Why is it important that family members assist the terminally ill person?

- So they are involved in the patient's care and in making decisions.
- For the emotional and mental support of the patient.
- In some cases, appropriate accompaniment by members of the family increases the probability of positive results in the treatment process.

WHAT DOES POPE FRANCIS SAY WE CAN DO TO HELP THE TERMINALLY ILL AND THEIR FAMILIES?

- Accompany.** The spiritual assistance provided by families is a component of palliative care.
- Provide care for their fragility.** Therapeutic care is not only medical, but also psychological and spiritual.
- Accept vulnerability.** We cannot leave families alone in such difficult moments.
- Be present and available.** Always offer care and the necessary assistance.
- Openness to hope.** A cure may not always be possible, but the sick person can always be cared for.

"When illness knocks on the door of our life, the need arises in us that someone be close us, to look into our eyes, to take us by the hand, to show us tenderness and care for us, like the Good Samaritan".

POPE FRANCIS

Primary Source:

Pope Francis (2020): Address to the participants of the Plenary Assembly of the Congregation for the Doctrine of Faith

Congregation for the Doctrine of Faith (2020): Letter Samaritanus Bonus on the care of persons in the critical and terminal phases of life.

Pan American Health Organisation. Palliative Care

View from the Pew

By Dr Jay Kettle-Williams



To be a Pilgrim ...

My wife and I went on a pilgrimage recently. Nothing dramatic. We drove across country to Canterbury for a weekend at an Airbnb in the middle of town. We'd never visited the Cathedral and fancied visiting what had been the rallying point for so many pilgrims in times past as they prepared for what used to be a trek of 80 days or more, firstly by boat across the Channel and then overland step by step to Santiago de Compostela in Spain's north-western province of Galicia. Santiago marks the culmination of the Camino de Santiago pilgrimage route at the alleged burial site of the Biblical apostle St. James.

It took us some time to go round and fully appreciate the treasure that is Canterbury Cathedral, compensation in grand part for the £34 we'd had to spend to get in. It always strikes me as arch, a bit 'in for a dig', that today's Catholics pay to enter monumental architecture which earlier Catholics had built and to then have seen taken from them by a certain multi-married monarch. My comment to that effect was indulged by the young girl at the ticket office. The way she smiled convinced me that my comment hadn't been the first she'd heard to that effect.

It was Saturday and we knew we'd be looking for evening Mass. 'Is there a

Catholic Church nearby?' asked my wife. 'St Thomas of Canterbury,' the young girl replied. 'Just 50 yards or so down this road. It has a relic of St Thomas Becket. A finger.'

I was halfway through asking if it was free entrance but my wife was already tugging me away: 'Come on. Leave it there. Don't be such a bore!' But a young female voice chanted cheerily behind me: 'Yes, it's free to get in'. Thankfully wit and humour don't dwell solely in the past.

From the Cathedral we wandered the short distance to St Martin's Church, half a mile or so beyond the city walls.

St Martin - Martin of Tours, also known as Martin the Merciful - had been born in what is present-day Hungary. A Christian convert, he served in the Roman cavalry in Gaul (present-day France) because of which he is presumably often depicted on horseback. He left military service some ten years before being consecrated the third bishop of Tours in 371. He is credited for having used his sword to cut his cloak in two (see inset) to give half to a beggar clad only in rags in deep mid-winter, the beggar being subsequently revealed as Christ Himself. The shrine of St Martin in Tours became an established focal point for pilgrims on the road to Santiago de Compostela in Spain.

St Martin's Church in Canterbury dates back to the Roman occupation of Britain and to this day remains the oldest church in continuous use in the English-speaking world; part Roman, part Saxon. It is uncertain whether the construction was first built as a church, a mausoleum or something else. Be that as it may, St Martin's has remained in constant use for Christian worship, prayer and mission ever since Augustine arrived with his companions to re-establish Christianity in the 6th century.

Augustine, a Benedictine monk, had been based in Rome. He arrived in Britain in AD597 with 40 companions, Roman monks and Frankish interpreters being



among his entourage, to preach the good news of Jesus Christ. St Martin's was Augustine's initial base for his mission: 'Here they first began to assemble, to sing the psalms, to pray, to celebrate mass, to preach and to baptize, until the king was converted to the faith and gave them greater freedom to preach and to build and restore churches everywhere'. (Bede's Ecclesiastical History, AD731).

From St Martin's my wife and I made our way back into town, to inside the city walls, to St Thomas of Canterbury, in time for the Vigil Mass. The church, nestling just down the road from the cathedral and undergoing some repairs and renovation, hosted a small, sincere congregation which included on that occasion a leading Catholic parliamentarian and his family.

Our weekend pilgrimage was almost over.

Acknowledgements and Attribution: Texts/References adapted and/or adopted from <http://en.wikipedia.org> under the terms of the Creative Commons Attribution-ShareAlike License 4.0: <http://creativecommons.org/licenses/by-sa/4.0/>; The National Churches Trust (<https://www.nationalchurchestrust.org/church/st-martin-canterbury>); Photographs © J L Kettle-Williams: (1) St Martin (Unknown Artist c. 1450-75. Polychrome wood, 118.5 x 94 x 34.5 cm); (2) St Martin's Church, Canterbury

Dr J L Kettle-Williams is an experienced business communications consultant and wordsmith (tutor, writer, translator).

SUNSHINE CARE
LIVE IN CARE SPECIALISTS
Established in 1998

An Alternative To Moving Into A Care Home

Why not have a carer come and look after you at home?
A Leading Live in Care Agency in the South West

We can help to plan your care at home, when everyday activities become more challenging

One-to-one care in your own home, the place you feel comfortable living in. With assistance from our live in carers enables you to live the life you want, on your terms. By listening to you and assessing your needs, we will match you with a live in carer who will provide with the appropriate support that is unique as you, in the home where you have all your memories of loved ones.

"Regularly Supervised & Experienced Staff"

For Free Assessment visit www.sunshinercare.co.uk or
Call us today! 0800 2343520

THE RETREAT CARE HOME

Quality of service...
Quality of care...Quality of life

HOME MADE NUTRITIONAL MEALS
Special dietary needs fully catered for
ASSISTED LIVING
Extra Support Provided

KEEPING YOUR BODY AND MIND ACTIVE
with recreational pursuits and beautiful places to visit

BEAUTIFUL EN-SUITE FACILITIES
Extra Support Provided

Tel: 01752 204044
Email: hello@retreatcare.co.uk
www.retreatcarehome.com

The Retreat, Belle Vue Rd, Hooe, Plymouth PL9 9NR

Home
is where the heart is
Keep it there

Bluebird Care NEW Devon

Exeter: 01392 426006
East Devon: 01404 814880
Exmouth: 01395 570003
Teignmouth: 01626 335321

bluebirdcare.co.uk/NEWDevon

Outstanding 15
CareQuality Commission

bluebird care

I'm happy to stay in my home

Our Lady of Fidelity

The church needs religious sisters URGENTLY to bring Christ to others by a life of prayer and service lived in the community of Ignatian spirituality. Daily Mass is the centre of community life. By wearing the religious habit we are witnesses of the consecrated way of life.

If you are willing to risk a little love and would like to find out how, contact Sister Bernadette

Mature vocations considered.
CONVENT OF OUR LADY OF FIDELITY

1 Our Lady's Close, Upper Norwood, London SE19 3FA Telephone 07760 297001

ShelterBox
Disaster relief

YOU CAN MAKE SURE PEOPLE LIKE MAANO WILL ALWAYS HAVE SHELTER, WITH A GIFT IN YOUR WILL

To find out more about how leaving a gift to ShelterBox in your will can make a difference, visit shelterbox.org/legacy

Charity No: 1066479



Tel: 01579 351231
 Opening times: 10am - 4pm every day
Rising Sun Nurseries
 Harrowbarrow Callington Cornwall PL17 8JD

Rising Sun Nurseries, near Callington, Cornwall, has a complete range of garden care products, tools, pots, composts and accessories for all your gardening needs, and a wide range of plants, shrubs, trees, bulbs and seeds for every garden. We are open 7 days a week throughout the year. There is ample parking. Our friendly staff are always on hand to help you and to offer advice and recommendations.

- Bedding Plants
- Ceramic Pots and Troughs
- Hanging Baskets
- Composts
- Patio and Pot Plants
- Summer Flowering Bulbs
- Bird Feeders
- Fruit Trees and Bushes
- Seed Potatoes

HTA National Garden Gift Vouchers
Rising Sun Nurseries, Harrowbarrow, Callington, Cornwall PL17 8JD
 01579 351231
 Website: www.risingsunnurseries.co.uk



C.R. Stanley Carpets
 Large Selection Of Quality Carpets In Stock

We Supply, Measure, Deliver & Fit

All Leading Makes Of Carpets & Vinyls Supplier

100's of Rolls in Stock

5000 sq. ft. Showroom

Free Estimates • Competitive Prices

HOME SERVICE AVAILABLE

Established Over 25 Years

For Friendly Advice Call: 01752 776555
www.stanleycarpets.co.uk - 87 Crownhill Rd, Crownhill, Plymouth



Monthly National Catholic Newspaper

National and International News from a Catholic Perspective with thoughtful articles to deepen Faith

The UK's first Carbon Neutral National Catholic Paper



Subscribe@catholicpost.co.uk
01440 730399
www.catholicpost.co.uk

Incense and why we use it...

Seminarian Nathan King who is currently on Pastoral placement at St John's Cathedral in Portsmouth recently made a fascinating video about incense and its symbolism. To watch the video, go to YouTube and search for Incense Video Catholic.

Incense calls us to prayer. It shows us how our prayer rises to God like the smoke from the thurible, purifying our worship of him. Incense reminds us of heaven and shows us that our worship of God is divine in origin.

Incense is the blood of the tree. Through repeatedly wounding the tree, its sap is brought forth. This sap is hardened and made into pellets of incense. The wounds are hardened, dead and odourless. They are placed by the priest on the coal of divine charity they melt and release a sweet fragrance that is offered in worship.

The priest takes the wounds of his people under the symbol of incense and places them on the coals transforming wounds into worship. Christ is the one who transforms wounds into worship, and this is extended to us through the Mass which is the perpetuation of his sacrifice, continually transforming suffering into love and prayer. The use of incense is mentioned in the Old Testament.

- Exodus 30:1 "You shall make an altar on which to burn incense."
- Leviticus 16:13 "He is to put incense on the fire before the Lord."
- 1 Chronicles 28:18 "And the weight of refined gold for the altar of incense."
- Psalm 141:2 "May my prayer be set before you like incense."

The use of incense is also mentioned in the New Testament.

- Revelation 8:4 "And the smoke of the incense, with the prayers of the Saints, rose before God."
- Matthew 2:11 "They saw the child with his mother Mary, and they bowed down and worshiped him. Then opening their treasures, they offered him gifts of gold, frankincense, and myrrh."
- The gift of frankincense is still offered to Jesus to this day in the holy Mass.

Incense is used for purification and for blessing.

- The priest will incense the altar at the beginning of Mass to visually show the symbolic value of purification and sanctification.
- The deacon or priest will incense the gospel before reading it to show the importance of the word of God.
- The priest will incense the bread and wine before they are consecrated becoming the



body and blood of Christ truly present on the altar.

- During the elevation of the Body and Blood of Christ, incense is used to create a mystical veil joining heaven and earth. Incense visually shows our prayers rising up to God but God's mercy coming down upon us.

The visual imagery of the smoke and smell reminds us of the transcendence of the Mass which links heaven with earth and allows us to enter into the presence of God. The Holy Sacrifice of the Mass transcends space and time, therefore the use of incense helps us to enter into this external reality through the use of our external senses. That is why incense, fragrant to the senses and visually compelling for the heart and mind, is such a powerful liturgical gift.

Day of Prayer Against Human Trafficking

If you have watched the documentaries into Greater Manchester Police tackling OCG's or have read an article on a young person's experience with County Lines, you are seeing the impact of modern slavery.

Modern slavery takes many forms and affects real people. From those impacted by drug gangs to those who were pushed to feel that their best option was to pay huge sums of money to a group to be transported across the world in unsafe and inhumane conditions.

It is difficult for many of us to imagine what can drive people to make these decisions. But human trafficking and modern slavery remains prevalent in our society and can be seen across our communities. It is estimated that there are 136,000 victims of modern slavery here in the UK today.

Thursday 8th February 2024 marked the tenth International Day of Prayer and reflection against human trafficking. The 8th February was chosen to host this important day as it is the Feast Day of St Josephine Bakhita. St Josephine was kidnapped and sold into slavery at the age of 7. After she was freed in Italy years later, she became a nun and has since emerged as a patron for all victims of trafficking. St Bakhita's legacy remains in the work undertaken by the local anti-trafficking groups around the world.

Modern Slavery, its impact and how we as a diocese can play our part in eradicating this "crime against humanity" has been a particular focus for us in the last few years. A working group was established that includes representatives from across a range of diocesan departments, including our diocesan charity, Caritas Diocese of Salford. This has led to a number of activities and increased focus on how we can further engage and collaborate with our schools and parishes to increase awareness and action across the diocese.

In 2022, we shared our first diocesan Modern Slavery Statement. The statement was published jointly with Caritas Diocese of Salford, the Cathedral Centre Bookshop, and SDC Trading.

Marking the publication of the statement, Bishop John, said: "I welcome and endorse this Statement which acknowledges our potential complicity in human exploitation and commits the Diocese to doing everything we can to ensure that our supply chains are free of modern slavery.

"There is a global problem happening now. There are more slaves in the world currently than at the height of the Trans-Atlantic Slave Trade. The true number of people who are experiencing the trauma of modern slavery is unknown, but the Global Slavery Index estimates 40 million

people worldwide and 136,000 people in the United Kingdom. This includes members of our own communities and parishes.

"People experiencing modern slavery and trafficking should rightly see our churches and social outreach as places of sanctuary and refuge. It is important, therefore, to ensure that all members of the church, clergy, parishioners, staff and volunteers are aware of the signs to look out for and how they can help survivors find protection and support."

Last year, we made another important step towards our commitment to tackle modern slavery within the diocese as we issued a new code of conduct for suppliers. We are aware of the impact we can have as a diocese by using our power to influence the practises of the businesses through our procurement processes.

The code makes clear that all businesses, charities, and organisations have a responsibility to act in the fight against modern slavery. Our Code of Conduct for Suppliers represents our efforts to purchase services and works that avoid exploitative labour practice, have the least negative impact on the environment, and uphold the principle of human dignity. We expect suppliers not only to share our aspirations but to be taking active steps to



check and audit their supply chains and their working practises.

Led by the work of the Modern Slavery Working Party, the implementation of the Code of Conduct was overseen by the Finance Department and is now in place for all new and existing suppliers.

In 2024, the group's focus moves on to how we can support our parishes and schools. The Finance Department are beginning work on developing a preferred supplier list that we can share with our parishes and diocesan communities and will be offering support to help parishes deploy the Code of Conduct locally.

Working with Caritas we will also be helping to facilitate awareness training days to put into a diocesan context some of the signs that are most associated with modern slavery within our region. Each of us has a responsibility to remain vigilant to the signs to look for in our own communities.

A Christian look at the Chinese New Year

This year again, the beginning of Lent coincides with the start the Chinese New Year. (Year of the Dragon). This coincidence is linked to the fact that the two events are fixed in time according to the lunar calendar.

At first glance, the two events seem contradictory: Lent is a time of fasting, abstinence and penance, while New Year is a time of joyful celebration. But in his Pastoral Letter for Lent 2024, Bishop Joseph Gan Junqiu, head of the Archdiocese of Guangzhou, shows how the Christian vision can dissolve this apparent contradiction. "In reality," writes the Chinese Bishop, "all actions motivated by the intention to love are ultimately directed toward God. Thus, "as we leave the solitude of urban life behind us, we put an end to the distance which separates us from our loved ones and we return home, where the joy of being with family reigns. At the same time, we can live the Liturgy of Ashes recognizing that it is also a call from the Eternal Father to us, a call to return home."

In his Pastoral Letter for Lent 2024 entitled "O God, create in me a pure heart" (Ps 51, 10), Bishop Joseph shows "how we, Christians, can immerse ourselves in the love and forgiveness of God in this family holiday period. The New Year, underlines the Bishop of Guangzhou, is a "farewell to the past to welcome the future". In the Christian journey, in the same way, the experience of forgiveness and repentance for one's sins is also a "farewell to the past" and a confident march towards the time to come. In such an experience, "we become full of joy and hope for life, we are made new by the love of Christ, in the grace of God."

Lent is "the time of preparation for the joy of Easter." And precisely, the time of the Chinese New Year, underlines Mgr Gan, is a golden opportunity to bear witness to the Catholic faith to and with one's family. One can attend "the New Year's Eve Thanksgiving Mass with our families, where the whole family can come together to thank God for His protection and blessings during the past year, and to ask God's blessing for peace and the health of our family members and our work.



By praying and receiving the sacraments with our loved ones, we can also embrace, in gratitude to Jesus, the festive and grateful mood of the Chinese New Year." Thus, "we not only cherish the uniqueness of the Catholic faith while remaining fully immersed in our traditional culture, but we can show that the Christian faith is a gift that always remains in our hearts, no matter what."

During the New Year celebration - Bishop Gan writes - Christians can pray, read and

meditate on the Word of God, and take care of their neighbour.

"The Chinese New Year is an auspicious time to care for others, starting with the elderly, the sick, the lonely and those in difficulty. "We can experience God's blessing and peace during the Spring Festival by spending time with our families, praying in communion and caring for others," concludes Bishop Gan.

Book Reviews



The Divine Mercy & Sister Faustina

Fr Andrew Witko

£3.95

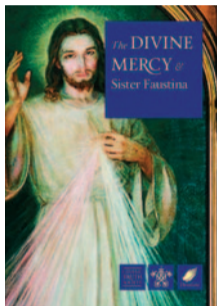
CTS Product Code: D650

Please refer to this code when ordering over the phone

ISBN: 9781860820786

www.ctsbooks.org

Beloved by Pope St John Paul II, devotion to the Divine Mercy has grown in popularity since its humble beginnings in Poland. Yet few know the details of its origins or of the devotion itself. That fascinating story is told here.



Although St Joseph was not Jesus' biological father, many saints have testified over the years to the power of his prayers and to their own fervent devotion to him. In this booklet, deepen your own devotion to the beloved foster father of Our Lord with a vast array of prayers, consecration prayers, novenas, hymns and readings.

This collection of prayers is combined with the powerful history of devotion to St Joseph. Discover the origins of this devotion and how it spread over the centuries, while also exploring the importance of his role in the life of Jesus. Both practical and simple, this is an essential book for any devotee or would-be devotee of St Joseph.

A Simple Rosary Book

Catholic Truth Society

£3.50

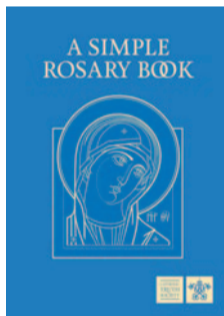
CTS Product Code: D776

Please refer to this code when ordering over the phone

ISBN: 9781860829253

www.ctsbooks.org

Designed for those familiar with the prayer as well as for newcomers, this text clearly explains how to pray the Rosary. Prayers and Scripture passages associated with the Rosary are also included.



Enriched by the history, customs and scripture that surround the Holy Rosary, many today are rediscovering this prayer which lies at the heart of Catholic spirituality. Through 'this school of prayer' (St John Paul II) disciples grow in love for Christ through Mary, mother of the Lord. Designed for those familiar with the prayer as well as for newcomers, this text clearly explains how to pray the Rosary. Prayers and Scripture passages associated with the Rosary are also included.

The Christian Faith: A Mini Catechism for Catholics

Fr Stephen Wang

£3.50

CTS Product Code: DO904

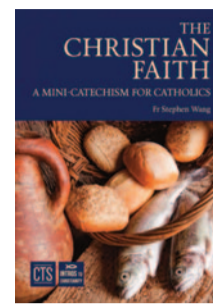
Please refer to this code when ordering over the phone

ISBN: 9781784690632

www.ctsbooks.org

Here, in 73 concise articles, the core ideas of the Christian faith are expressed, in a nutshell – with clear and accurate explanations providing a mini-catechism

for all enquirers. This booklet presents the Christian faith in a series of 73 concise articles. Each article expresses, in a nutshell, the core ideas about a wide range of topics as they are found in the Catholic tradition. The aim is to give food for thought, clear and accurate explanations and so to provide a mini-catechism of the most important elements of the Christian faith. While the richness and beauty of faith cannot be expressed in mere words, the right words can encourage us to explore it more deeply.



A Lenten Camino

By Sr Janet Fearn FMDM

£5.95

PRODUCT CODE: 1909

ISBN NO: 9780852316085

www.rpbooks.co.uk

Is Lent your pilgrimage towards Easter?

Every day, you and Jesus ask each other, "Who do you say I am?" and journey together towards an answer which will keep you together forever. Lent is a special time for asking that question and hearing the answer. You don't need a rucksack or walking boots. You don't need to travel – except inside your heart. The daily reflections of A Lenten Camino follow the Camino Inglés route to Santiago de Compostela in a Lenten pilgrimage towards Easter and the new life of the resurrection. "Buen camino!" inside your heart.



Due to popular demand, we are doing a short print run of this wonderful book.

Journeying With Jesus

By Fr Denis McBride

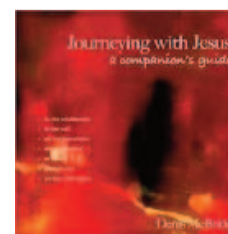
£14.95

Product Code: 1467

ISBN No: 9780852313589

www.rpbooks.co.uk

Journeying with Jesus is a deeply spiritual and lavishly resourced programme of study for those who want to journey side by side with our Lord during Lent, either individually or in small groups. We begin our journey in the wilderness and finally sit with him at the table before ac-



companying him to the cross. The main purpose of the book is to encourage the reader to think about Jesus' journey and their own. How can the story of Jesus throw light on your own?

A Word for Lent - A Workbook for Groups and Individuals

By Denis McBride C.Ss.R &

Janet Fearn

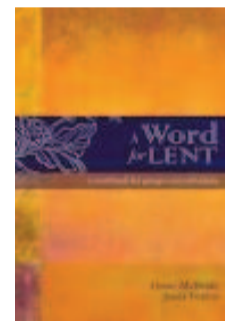
£4.95

Product Code: 1863

ISBN NO: 9780852315682

www.rpbooks.co.uk

Whether alone or in a group, these Lenten Sunday Gospel reflections provide stimulating insights and ways into deepening personal prayer and commitment to Jesus. They are simple, practical, down-to-earth, heart-warming, challenging, and open up fresh possibilities for deepening discipleship and loving friendship with Jesus.



The Road to Emmaus and Beyond

By Fr Denis McBride

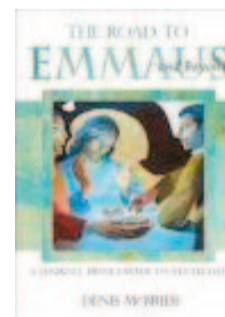
£9.95

Product Code: 1815

ISBN NO: 9780852315248

www.rpbooks.co.uk

A revised, special edition of Emmaus – the gracious visit of God. A best-selling classic which has had 4 reprints, and was originally published by Dominican Publications.



Following the death of Jesus in Jerusalem, two disappointed disciples leave the city of lost hopes and head away. They meet a mysterious stranger who helps them reinterpret the past in a new light, giving them fresh hope. For many people, the story of Emmaus is the most moving of the resurrection narratives, and Denis McBride's reflections uncover the depth and beauty of Luke's unique scene. The story gives Christians a perfect reminder of coming to know Jesus as Lord in the Eucharist.

St Joseph: Prayers and Devotions

Catholic Truth Society

£3.95

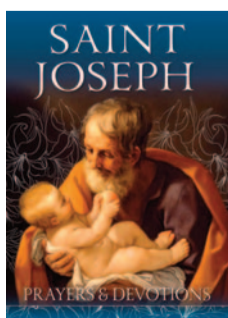
CTS Product Code: D772

Please refer to this code when ordering over the phone

ISBN: 9781860829109

www.ctsbooks.org

This booklet combines a treasury of prayers to St Joseph with the powerful history of devotion to the saint, while also unpacking his role in the infancy narratives. A must for any devotee of St Joseph.



Plymouth CAST are recruiting

Plymouth CAST is a Catholic multi-academy trust of 34 schools and 1 nursery, spanning the Diocese of Plymouth. Our mission is to be a community of outstanding schools in which our pupils flourish in safe, happy, and stimulating environments and leave us with the knowledge and skills, personal qualities, and aspirations, to make the world a better place, inspired by the Gospel.

Plymouth CAST is recruiting several Senior Leadership posts across Devon and Dorset. This is an exciting time to join a forward thinking and committed team, to both embed as well as shape working practices for the future. You will be joining a dedicated and supportive team and will have the opportunity to work with your School Improvement Officer and the Director of Education to help shape the way in which you will lead the schools to positively impact the education and development of the pupils. If you would like any more information about any aspect of your application or to arrange an informal conversation with our Director of Education, please contact our HR Team by email to careers@plymouthcast.org.uk



Full details of our vacancies can be found on the Plymouth CAST Careers page https://www.plymouthcast.org.uk/web/current_vacancies/485131

Plymouth CAST is also currently recruiting to expand its Board of Directors. We are particularly interested in hearing from you if you have skills and experience in Finance,

HR, and/or Education. Please contact the Clerk to the Trust Board for further information, Mrs Leah Paiano lpaiano@plymouthcast.org.uk



Plymouth CAST
Multi Academy Trust

The vacancies are for the following posts:



**Headteacher at
Christ the King
Primary School,
Bournemouth**



**Deputy
Headteacher at
St Augustines
Primary School,
Weymouth**



**Executive Deputy
Headteacher working
across St Nicholas
Primary School, Exeter
and St Joseph's
Primary School,
Exmouth**



**Executive Headteacher
working across
St Nicholas Primary
School, Exeter and
St Joseph's Primary
School, Exmouth**



**Headteacher at
St Pauls
Primary School,
Plymouth**

**The Edmund Rice Building, St Boniface's College, 21 Boniface Lane,
Manadon Park, Plymouth, Devon, PL5 3AG**

New campaign launched to encourage people to Give Prayer A Go

The Archdiocese of Southwark has launched a new campaign to encourage people to Give Prayer A Go and welcome Christ into their hearts.

People often speak of barriers to prayer, which can range from feeling their lives are too busy to take a moment or that they are unsure where to start.

Give Prayer A Go aims to help people overcome these perceived barriers, by providing them with practical and engaging tips and resources to help them build a stronger relationship with the Lord Jesus through prayer.

The campaign coincides with the Year of Prayer, designated by Pope Francis, as the Catholic Church prepares for the Year of Jubilee in 2025.

Speaking about the power of prayer, The Most Reverend John Wilson, the Archbishop of Southwark said:

“Prayer is strength for the weak. It’ll never make things worse and only make them better.

“The biggest challenge to praying is just beginning, but you can only learn to ride a bicycle by trying it out. It’s the same with prayer – you just need to give it a go.

“Even just by praying the Our Father – the prayer the Lord Jesus taught us – when we wake up and as we go to sleep will make a difference.

“If we ask, we will be heard. If we seek, we will be found. If we knock, the Lord Jesus will open the door. So, pray. Pray to welcome Christ into your hearts. Go on, give prayer a go.”

Archbishop John launched the campaign with a video asking people to Give Prayer A Go. The Give Prayer A Go campaign will share a range of content, from social media



graphics, to explainers about prayer. The activities will include:

1. sharing testimonies of prayer, from how prayer has people overcome difficult situations to how prayer has enriched lives.
2. helping people overcome perceived barriers to prayer, by showing the various ways you can welcome Christ into your hearts.
3. giving people ideas, resources and tips to pray. From quotes from Saints to simple steps to follow to turn your mind and heart

to the Lord Jesus.

4. advertising prayer events across the Archdiocese, such as highlighting prayer groups, adoration and the rosary; as well as explaining the different types of prayers, so as many people as possible can feel included.

The beauty of the Give Prayer A Go campaign is that anyone can get involved and its simple, you just need to pray and let Christ into your hearts.

Bring Hope & Healing on the journey to Easter

Give today:
friendsoftheholylan.org.uk/hope

In Gaza, over 800 Christians are sheltering in churches. Every day involves fear, prayers, and one piece of bread to eat. International aid can't reach them.

In Bethlehem, 80% of Christians have lost their income as tourism has collapsed.

You can help: Give to the **Hope & Healing Fund** this Lent.

FRIENDS OF THE HOLY LAND
GIVING HOPE TO VULNERABLE CHRISTIANS

Tel: 01926 512980
Registered Charity Number 1202568

FRIENDS OF THE HOLY LAND
GIVING HOPE TO VULNERABLE CHRISTIANS

Tel: 01926 512980
Registered Charity Number 1202568

News from our friends in Gaza

Our Christian friends report that after five months, there are still about 820 people trapped and sheltering in Gaza's churches. Their daily routine involves coping with fear, fervent prayers, and listening to battery radios. **They have limited access to canned food and one piece of daily bread each.** Many can't get the medications they need. We're directly helping both churches in Gaza by providing money for whatever these trapped people can buy – food and fuel costs 10 or 20 times what it used to, e.g. fuel £12 per litre. As international aid struggles to get through, we need to keep it up until there is a lasting ceasefire.

Nowhere to go in the West Bank

Meanwhile, in Bethlehem and the rest of the West Bank, mass unemployment has occurred. With all tourism cancelled, **80% of Palestinian Christians have lost their income.** Many Christians in the major cities of the West Bank used to cross every day into Israel to work in construction or agriculture – but now those crossings are closed.

Take action this Lent to help now

Friends of the Holy Land is registered as a charity in Palestine as well as England & Wales. This means we operate our own office in Bethlehem with two social work staff and a local volunteer committee and we have our own local bank account so can take immediate swift action to help. From your hands today to those in need tomorrow.

Please give today:
friendsoftheholylan.org.uk/hope